

Everyone Should Drink Hot Water in the Morning

Wash away all the stomach, liver, and bowel poisons before breakfast.

To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sicken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.

To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.

Get a quarter pound of limestone phosphate from your druggist or at the store. It is inexpensive and almost tasteless, except a sourish tinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.

To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, sweetening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Adv.

Morn' Cheerful Topic.

"Don't you like to read about life in foreign countries?" asked the enthusiastic young woman.

"Well, that depends," answered Mr. Dubwaite, thoughtfully, "on a number of particulars."

"Yes?"

"Just at present life in foreign countries is so full of horrors that I much prefer to read about life here at home."

CURED OF BRIGHT'S DISEASE.

Mrs. A. L. Crawford, Medfield, Mass., writes: "Dodd's Kidney Pills cured me of Bright's Disease, and I am healthy and strong to-day and have been blessed with good health ever since my cure. When the doctors pronounced my case Bright's Disease I was in such a serious condition that they could not do anything for me. I kept getting worse. My limbs from my ankles to my knees swelled and my eyes were so swollen that I couldn't see. As a last hope I thought I would give Dodd's Kidney Pills a trial. I gradually improved and kept on taking them and they cured me thoroughly."

Dodd's Kidney Pills, 50c per box at your dealer or Dodd's Medicine Co., Buffalo, N. Y. Dodd's Dyspepsia Tablets for indigestion have been proved. 50c per box.—Adv.

Strategy.

"Mother, if a poor hungry little boy was to come to the back door and ask for something to eat, would you give him that piece of pie that was left over from dinner?"

"Yes, Willie, I think I should."

"Well, just wait a minute till I run around to the back door."

IMITATION IS SINCEREST FLATTERY but like counterfeit money the imitation has not the worth of the original. Insist on "La Creole" Hair Dressing—it's the original. Darkens your hair in the natural way, but contains no dye. Price \$1.00.—Adv.

Diverting the Funds.

"Jack's father sent him money to hire a tutor."

"Well?"

"He hired a chauffeur—said that was the kind of tutor he needed."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

Natural Conclusion.

He—I see the West fears a horse famine.

She—Why? Haven't they automobiles out there?

COVETED BY ALL

but possessed by few—a beautiful head of hair. If yours is streaked with gray, or is harsh and stiff, you can restore it to its former beauty and luster by using "La Creole" Hair Dressing. Price \$1.00.—Adv.

Discharged.

"What's the new office boy's name?"

"Gunn."

"Fire him."

Pneumonia? Apply Hanford's Balsam. Rub it on and rub it in thoroughly, until the skin is irritated. Adv.

The Bosphorus is about 17 miles long with a breadth of a third of a mile to two miles.

FALLING HAIR MEANS DANDRUFF IS ACTIVE

Save Your Hair! Get a 25 Cent Bottle of Danderine Right Now—Also Stops Itching Scalp.

Thin, brittle, colorless and scraggy hair is mute evidence of a neglected scalp; of dandruff—that awful scurf.

There is nothing so destructive to the hair as dandruff. It robs the hair of its luster, its strength and its very life; eventually causing the hair roots to shrink, loosen and die—then the hair falls out fast. A little Danderine tonight—now—any time—will surely save your hair.

Get a 25 cent bottle of Knowlton's Danderine from any store, and after the first application your hair will take on that life, luster and luxuriance which is so beautiful. It will become wavy and fluffy and have the appearance of abundance; an incomparable gloss and softness, but what will please you most will be after just a few weeks' use, when you will actually see a lot of fine, downy hair—new hair—growing all over the scalp. Adv.

After a man has had occasion to employ a first-class lawyer you can't tell him that talk is cheap.

Piles Cured in 6 to 14 Days

Druggists refund money if PAZO OINTMENT fails to cure itching, bleeding or protruding Piles. First application gives relief. 50c.

Foiled! He Bit.

"Yes, I told father that white poker chip I dropped was a peppermint tablet."

"Did he swallow it?"

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darken your ugly, grizzled, gray hairs by using "La Creole" Hair Dressing.—Adv.

Purely a Defensive Measure.

"Hear how old Wogram got even with the war?"

"No. How'd he do it?"

"Well, when the war cut off the dyestuffs Wogram cut off his whiskers."—Judge.

Domestic Drama.

"Where are the papers?" he demanded.

She looked him fearlessly in the eye. "I have hidden them," she said calmly.

"Woman! You dare to defy me? Produce those papers instantly, or I—"

"That will do, Henry. Sit down and eat your breakfast, and I'll give you the morning papers after you are through. I'm tired of seeing you so absorbed in the war news in the morning that you haven't time to say a word to me or the children."

Swiss Develop Toy Industry.

In Switzerland the toy industry has recently been developed to a considerable extent. Various organizations in different parts of the country have joined hands with a view of increasing its efficiency and of encouraging and facilitating the exportation of its products. Important orders have already been filled for France and England. Some firms alone have produced hundreds of new models in wood and in pasteboard, and more are being added daily. The industry is to be now in a position to take care of a large foreign demand and to supply many of the needs of the United States.

LACK OF MONEY

Was a Godsend in This Case.

It is not always that a lack of money is a benefit.

A lady in Ark. owes her health to the fact that she could not pay in advance the fee demanded by a specialist to treat her for stomach trouble. In telling of her case she says:

"I had been treated by four different physicians during 10 years of stomach trouble. Lately I called on another who told me he could not cure me; that I had neuralgia of the stomach. Then I went to a specialist who told me I had catarrh of the stomach and said he could cure me in four months, but would have to have his money down. I could not raise the necessary sum and in my extremity I was led to quit coffee and try Postum."

"The results have been magical. I now sleep well at night, something I had not done for a long time; the pain in my stomach is gone and I am a different woman."

"Every time I had tried to stop coffee I suffered from severe headaches, so I continued to drink it, although I had reason to believe it was injurious to me. But when I had Postum to shift to it was different."

"To my surprise I did not miss coffee when I began to drink Postum."

"Coffee had been steadily and surely killing me and I didn't fully realize what was doing it until I quit and changed to Postum." Name given by Postum Co., Battle Creek, Mich.

Postum comes in two forms: Postum Cereal—the original form—must be well boiled. 15c and 25c packages.

Instant Postum—a soluble powder—dissolves quickly in a cup of hot water, and, with cream and sugar, makes a delicious beverage instantly. 30c and 50c tins.

Both kinds are equally delicious and cost about the same per cup. "There's a Reason" for Postum. —sold by Grocers.

COMMON AND DURUM WHEAT

Plants and Heads of Groups for Identification Given by the Department of Agriculture.

(Presented by the United States Department of Agriculture.)

The plants and heads of a durum wheat and of different groups of common wheat are shown in Figs. 1 and 2. The common and durum wheats may be separated readily by the following key, published in Farmers' Bulletin 680. There are some common wheats grown elsewhere in the United States which would not come under this description.



Fig. 1.—Plants of Four Hard Spring Wheats, Including One of Durum Wheat and Three of Common Wheat. (1) Kubanka (Durum); (2) Rystine (Fife); (3) Preston; (4) Hayner (Bluestem).

lowing key, published in Farmers' Bulletin 680. There are some common wheats grown elsewhere in the United States which would not come under this description.



Fig. 2.—Heads of Five Groups of Wheat. (1) Turkey, a Hard Red Winter Wheat; (2) Fife, (3) Preston, (4) Bluestem, (5) Durum Wheat.

three inches long; spikelets far apart, scarcely overlapping, wide when seen in face view.

Durum wheat—Heads rather stout, all bearded, beards four to eight inches long; spikelets close together, much overlapping, narrow when seen in face view.

BASIS OF SOIL IMPROVEMENT

All Permanent Rectifications Depend Upon Good Drainage—Encourages Deep-Root System.

(By PROF. A. G. MCALL, Ohio State University.)

All permanent soil improvement depends upon good drainage. Through tillage and proper applications of fertilizer cannot give the best results without the proper regulation, when necessary, of the water in the soil.

Drainage not only assists the soil to maintain a proper amount of moisture for the best growth of plants, but also enables crops to withstand drought by encouraging a deeper root system.

Corn on Dry Lands.

A new method of growing corn has given good results in dry-land parts of western Kansas. The rows are seven feet apart instead of 3½ feet, but the plants are twice as thick in the row. The yield was double that of adjoining fields planted the old way.

Benefits of Windbreaks.

The farmsteads well protected by windbreaks are a comfort to man and beast, and money-makers as well.

Brains Are Required.

In live stock and dairying brains are more used today than brawn.

TRADE REVIVAL IN WESTERN CANADA

Not a Myth but an Actuality Shown in the Returns of Agricultural Statistics and Every Department of Trade and Commerce.

The trade revival in Manitoba, Saskatchewan and Alberta is an actuality and not a myth. There is today a spirit of optimism in the air, just as two years ago there prevailed the opposite spirit of pessimism.

A general trade revival has been felt in every department of business in the Prairie Provinces. The agriculturists are in better shape than they have ever been before in their lives. No farmers of any country are in better financial condition and in a more general state of prosperity than are the farmers of Manitoba, Saskatchewan and Alberta. The farmers have harvested a record crop—a crop which enriches them to the extent of something over \$400,000,000.

In the cities the prosperity of the country has been reflected. Everywhere business is on the hustle. The wholesalers and the retailers and the implement dealers find business good. The banks and other collection houses find collections satisfactory, and financial men declare that westerners are paying up their debts. In Winnipeg the bank clearings have been the largest in history, exceeding some weeks the figures of Montreal and Toronto. The grain shipments have been the biggest in the history of Winnipeg and in the history of the two ports, Fort William and Port Arthur. The mail order houses have had a big year, the rush of fall orders exceeding all previous years and taxing the capacity of these establishments, whose most sanguine expectations have been exceeded by the actual business done.

The tide has turned in western Canada. The people of the West are forging ahead, forging ahead in actual production and in creation of wealth, giving generously to charitable and other funds, paying up their back debts, while going along carefully as regards any creation of new debts. They are economizing but not scrimping, acting cautiously but not miserly. The financial heads of eastern Canada, of the United States and of Europe are no longer criticizing western Canada; rather they are unstintingly offering their praise and their compliments. The financial press recognizes that the tide has turned in western Canada, and it has been published to the world.

The condition of western Canada at the close of 1915 is one of optimistic prosperity, backed by the same determination of western people to go on increasing their productiveness and maintaining the records which they have already established.

The trade revival of western Canada is the happiest feature in the business survey of the whole Dominion for 1915 and in the outlook for 1916.—Advertisement.

Economical.

Economy was the text of Mr. Jones' discourse one evening after he had been settling some household bills, while Mrs. Jones listened with true wifely interest.

"I don't want to make you unhappy, darling," finished the husband, "but really we must be a bit more careful in future. For instance, look at the bill for petrol. That motor car is costing us rather too much for the time being."

"Yes, Henry, dear," agreed Mrs. Jones. "I'm afraid it is."

Then her sweet young face brightened as she went on:

"But just think what it saves us in carfare and bootleather."

BILIOUS, HEADACHY, SICK 'CASCARETS'

Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret to-night will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

Some men spend so much time boosting the other fellow's game that they forget their own.

More than half the newspapers published in the world are printed in the English language.

FREE ONEIDA COMMUNITY PAR PLATE SILVERWARE



Save the Trade-Mark Signature From

SKINNER'S Macaroni and Spaghetti Products

and get a complete set of Oneida Community Par Plate Silverware free. Guaranteed 10 years. Beautiful Bridal Wreath pattern. Send us the coupon below and we will tell you all about it.

Nine Kinds Skinner's Products

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|---------------|-----------------|--------------|
| 1 Macaroni | 4 Cut Macaroni | 7 Soup Rings |
| 2 Spaghetti | 5 Cut Spaghetti | 8 Alphabetes |
| 3 Egg Noodles | 6 Elbows | 9 Vermicelli |

These delicious foods can be prepared 58 different ways to take the place of high-priced meat dishes. An economical, hearty food, perfectly balanced.

Skinner's Macaroni Products are made from the finest durum wheat, in the largest and cleanest macaroni factory in America.

Get a complete set of Oneida Community Par Plate Silverware with Skinner's Macaroni Products. Send the coupon for full details. No obligation whatever. In the meantime buy Skinner's products at your grocer's (cheaper if you get them by the case—24 packages) and save the circle containing the signature. All good grocers sell Skinner's Macaroni Products.

Skinner Mfg. Co. Largest Macaroni Factory in America Dept. D Omaha, Neb. Name: Address: State:

Bumper Grain Crops

Good Markets—High Prices Prizes Awarded to Western Canada for Wheat, Oats, Barley, Alfalfa and Grasses

The winnings of Western Canada at the Soil Products Exposition at Denver were easily made. The list comprised Wheat, Oats, Barley and Grasses, the most important being the prizes for Wheat and Oats and sweep stake on Alfalfa.

No less important than the splendid quality of Western Canada's wheat and other grains, is the excellence of the cattle feed and fattened on the grasses of that country. A recent shipment of cattle to Chicago topped the market in that city for quality and price.

Western Canada produced in 1915 one-third as much wheat as all of the United States, or over 300,000,000 bushels.

Canada in proportion to population has a greater exportable surplus of wheat this year than any country in the world, and at present prices you can figure out the revenue for the producer. In Western Canada you will find good markets, splendid schools, exceptional social conditions, perfect climate and other great attractions. There is no war tax on land and no conscription.

Send for illustrated pamphlet and ask for reduced railway rates, information as to best locations, etc. Address Superintendent Immigration, Ottawa, Canada, or

G. A. COOK, 2012 Main St., Kansas City, Mo. Canadian Government Agent

WE WANT YOU TO KNOW

That your interests are ours, your success is ours. In other words, if we work for you and please you, we add one more to our list of permanent shippers and friends. Market letters free. Write us if you want them.

TROWER, CHASE & McCOUN LIVE STOCK COM. CO. LIVE STOCK EXCHANGE, KANSAS CITY, MO.

Extremes Meet. She—My dear, the coal's all out. He—And I'm all in!

LIQUID BLUE? No, Mr. Grocer, that's mostly water. Since the war started it's more nearly all water than ever. Give me Red Cross Ball Blue, that's a two-ounce package of real goodness. You should see my clothes. I just can't keep from smiling out loud.—Adv.

Only One "BROMO QUININE" To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of K. W. GROVE. Cures Cold in One Day. 25c.

How He Described It. The newly arrived citizen from Italy was trying his best to buy a colander, but could not make the clerk understand what he wanted. The clerk showed him several kinds of pans, but at each he shook his head. Finally he got an idea.

"Give me dis-a kind," he said. "Ze water go ahead, so macaroni stop."

SOAP IS STRONGLY ALKALINE and constant use will burn out the scalp. Cleanse the scalp by shampooing with "La Creole" Hair Dressing, and darken, in the natural way, those ugly, grizzled hairs. Price, \$1.00.—Adv.

The United States used one-fifth of the 40,000,000,000 pounds of sugar produced in the world last year.

Missouri's law code is to be revised by a commission of 15 persons.

ANURIC!

The Newest Discovery in Chemistry

This is a recent discovery of Dr. Pierce, who is head of the Invalids' Hotel and Surgical Institute at Buffalo, N. Y. Experiments at Dr. Pierce's Hospital for several years proved that there is no other eliminator of uric acid that can be compared to it. For those easily recognized symptoms of inflammation—as backache, scalding urine and frequent urination, as well as sediment in the urine, or if uric acid in the blood has caused rheumatism, it is simply wonderful how surely "Anuric" acts. The best of results are always obtained in cases of acute rheumatism in the joints, in gravel and gout, and invariably the pains and stiffness which so frequently and persistently accompany the disease rapidly disappear.

Go to your nearest drug store and simply ask for a 50-cent package of "Anuric" manufactured by Dr. Pierce, or even write Dr. Pierce for a large trial package (10c). If you suspect kidney or bladder trouble, send him a sample of your water and describe symptoms. Dr. Pierce's chemist will examine it, then Dr. Pierce will report to you without fee or charge.

NOTE—"Anuric" is thirty-seven times more active than lithia in eliminating uric acid, and is a harmless but reliable chemical compound that may be safely given to children, but should be used only by grown-ups who actually wish to restore their kidneys to perfect health, by conscientiously using one box—or more in extreme cases—as "Anuric" (thanks to Dr. Pierce's achievement) is by far the most perfect kidney and bladder corrector obtainable.